

# The New Breakfast Meal Pattern



Linda Stull  
School Nutrition Programs  
August 2014

# Law Requirements



- Sec. 9
  - National School Lunch Act
    - Meals must reflect the Dietary Guidelines
- Sec. 201
  - Healthy, Hunger-Free Kids Act of 2010
    - Regulations based on recommendations from the Institute of Medicine (IOM)

# WHY SCHOOL BREAKFAST ?



# Why School Breakfast?

- Studies have proven that students who eat breakfast benefit nutritionally and educationally. Eating school breakfast results in increased math and reading scores.
- The majority of students who start their day with breakfast say they feel good, are happy, and more alert throughout their school day.
- [www.michigan.gov/schoolnutrition](http://www.michigan.gov/schoolnutrition)
  - click School Breakfast Program under Programs

# School Breakfast Outreach

- SFAs participating in the SBP must inform families of the availability of breakfast
  - Prior to or at the beginning of the school year
  - Schools should send reminders regarding the availability of the SBP multiple times throughout the school year



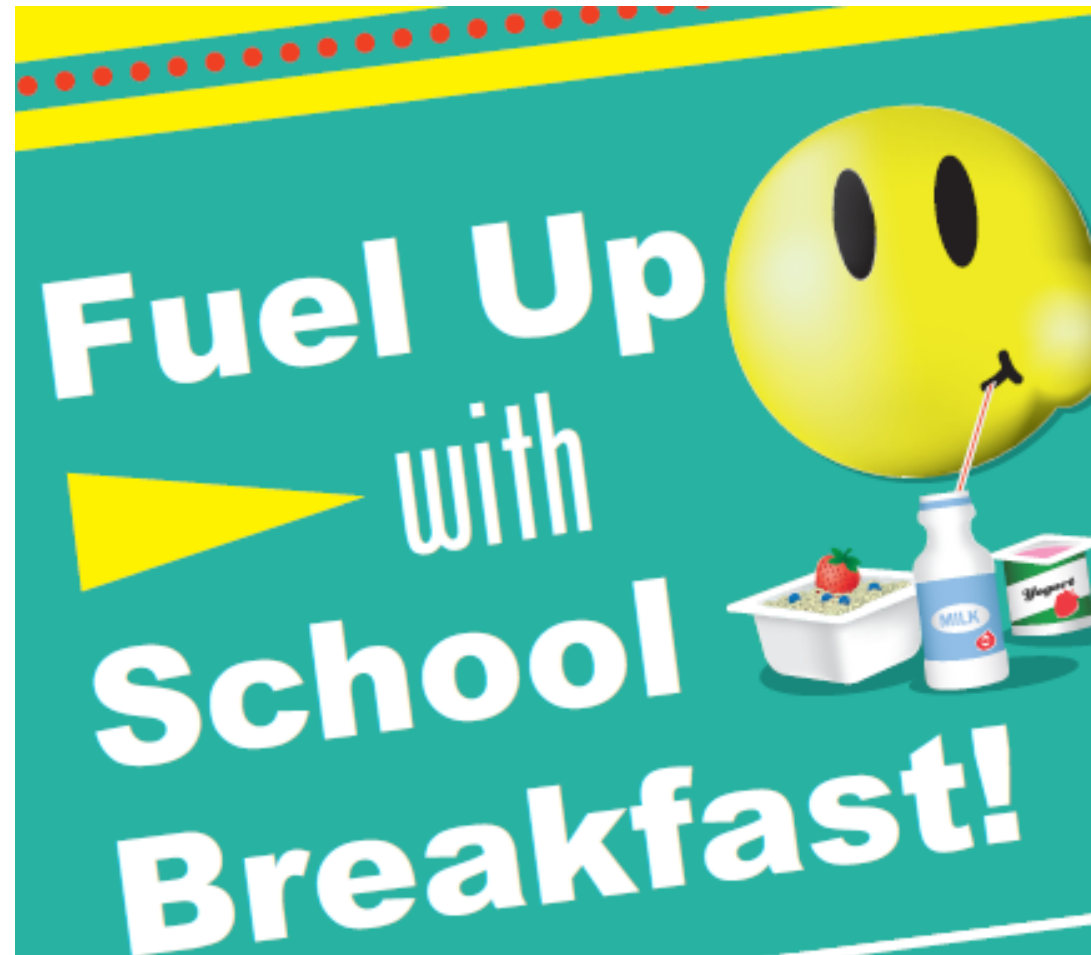
# Counting Breakfast as Instructional Time

- Memo clarifies MDE's position on counting breakfast time as instructional time
  - Gives examples when time counts toward instruction
  - May help encourage districts to provide breakfast without having to extend the school day

# School Breakfast Toolkit

- Toolkit with information to promote and expand the SBP
  - <http://www.fns.usda.gov/sbp/toolkit>







# NEW MEAL PATTERN



# SBP Changes Effective SY 2014-2015

- Fruit quantity increased to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit must be met
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)

# SBP Changes Effective SY 2014-2015

- Student must take ½ cup of fruit (or vegetable)
- Juice offerings cannot exceed 50% of the total fruit offerings
- Vegetable substitution limit applies
  - First two cups of vegetables must be from non-starchy vegetable subgroups

# Food-Based Menu Planning Approach

- 3 Required Components
  - Fruit (veg/juice)
  - Grains
  - Milk



# Meal Pattern For Breakfast

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruits (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>
<b>Vegetables (cups)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Grains (oz eq)</b>	<b>7-10 (1)</b>	<b>8-10 (1)</b>	<b>9-10 (1)</b>
<b>Meats/Meat Alternates (oz eq)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Fluid milk (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

# Fruits



Breakfast Meal Pattern			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Fruits (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>



# Fruits Component

- Fruits required
  - 1 cup required for all grades (SY 2014-15)
  - Vegetable substitute allowed
- Juice cannot exceed 50% of total fruit offerings
  - Only full strength juice
- Dried fruit credits double for amount offered
- Under OVS, at least ½ cup fruit (veg/juice) must be selected

# Fruits Component

- Temporary allowance for frozen fruit with added sugar
  - SY 14/15
- Schools may offer a:
  - Single fruit type
  - Single vegetable
  - Combination of fruits
  - Combination of vegetables
  - Combination of fruits and vegetables



# How Do Fruit Smoothies Credit?

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
  - Must still offer variety of fluid milk choices
  - Additional fruit offerings encouraged
- Refer to memo SP 10 -2014

# How Do Fruit Smoothies Credit?

- Breakfast
  - Fluid milk
  - Fruit (credits as juice)
  - Yogurt may credit as m/ma at breakfast ONLY
  - Vegetables, grains & m/ma cannot credit (except yogurt) when served in a smoothie
- Lunch
  - Fluid milk
  - Fruit (credits as juice)
  - Vegetables, grains & m/ma cannot credit when served in a smoothie

# Grains



	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

Upper limit on grains for the week still in effect; may be exceeded to allow flexibility.

# Grains Component

- Same crediting and whole grain-rich criteria as lunch
- 1 oz eq minimum daily requirement (all grades)
- Daily and weekly requirements for menu planning purposes
  - K-5 7-10 oz eq per week
  - 6-8 8-10 oz eq per week
  - 9-12 9-10 oz eq per week





# Grains Component: Flexibility

- No impact on:
  - Daily and weekly minimum for grains for breakfast
  - Weekly calorie ranges are in effect
    - Trans fat and saturated fat also apply



# Grain Requirements for the NSLP and SBP (SP 30-2012)

- Addresses the new use of “ounce equivalencies” (oz eq) in the school meal programs and defines “whole grain-rich” (WGR)
- Quantities of grains are based on ounce equivalencies in a manner that is consistent with the Dietary Guidelines for Americans and MyPlate food guidance system
- Beginning **July 1, 2013**, all grains must be credited using “oz eq” method (not grains or breads)

# Ounce Equivalencies

# Calculating Ounce Equivalencies

- Can credit ounce equivalencies based on:
  - 1) ounce weights listed in SP 30-2012 & updated Exhibit A
  - 2) grams of creditable grain in each product portion
    - Documented by standardized recipe
    - Product formulation statement signed by manufacturer

# Exhibit A: School Lunch and Breakfast

## Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup>

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Savory crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: Weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (sliced whole wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (whole wheat or whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (whole wheat or whole grain-rich)</li> <li>Tortillas (whole wheat or whole corn)</li> <li>Tortilla chips (whole wheat or whole corn)</li> <li>Taco shells (whole wheat or whole corn)</li> </ul>	1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies,<sup>3</sup> cobbler,<sup>3</sup> fruit turnovers,<sup>4</sup> and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	1 oz eq = 34 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g or 0.3 oz

<sup>1</sup> The following food quantities from Groups A-C, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.



**Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup> (continued)**

<b>GROUP D</b>	<b>OZ EQ FOR GROUP D</b>
<ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
<b>GROUP E</b>	<b>OZ EQ FOR GROUP E</b>
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
<b>GROUP F</b>	<b>OZ EQ FOR GROUP F</b>
<ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
<b>GROUP G</b>	<b>OZ EQ FOR GROUP G</b>
<ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
<b>GROUP H</b>	<b>OZ EQ FOR GROUP H</b>
<ul style="list-style-type: none"> <li>Cereal grains (barley, quinoa, etc)</li> <li>Breakfast cereals (cooked)<sup>5,6</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
<b>GROUP I</b>	<b>OZ EQ FOR GROUP I</b>
<ul style="list-style-type: none"> <li>Ready-to-eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole grain, or whole grain and enriched or fortified cereal.



# Ounce Equivalent Standards

Grain products must be credited using the oz eq method

- Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
  - Breads
  - Biscuits
  - Bagels
- Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is ½ cup cooked
  - Oatmeal
  - Pasta
  - Brown rice
- Ready-to-eat cereal - 28 grams OR 1.0 ounce of product is considered an ounce equivalent
  - 1 cup of flakes or rounds
  - 1 ¼ cups puffed cereal
  - ¼ cup granola



# Comparing the Two Methods of Calculating Ounce Equivalencies

# Calculating Ounce Equivalencies

Program operators have the ability to credit ounce equivalencies for grain products based on the ounce weights listed in FNS Policy Memo SP 30-2012 and updated Exhibit A, or by the grams of creditable grain in each product portion (documented by standardized recipe or product formulation statement signed by a manufacturer). The following examples demonstrate how each method may be used to determine how qualifying products meet ounce equivalency requirements for grains in the National School Lunch and Breakfast programs.

## Sample Product 1:

### Whole-Grain Bread

- One slice weighs 0.9 oz
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains

#### 1. Calculating based on total weight of creditable product:

Because this product contains the required 16 grams of creditable grain per ounce equivalent for Groups A-G of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products (see page 23).

Calculation:  $0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$

0.9 oz rounds down to **0.75 oz eq grains** per slice.



#### 2. Calculating based on grams of creditable grain ingredient:

The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead (or schools may retain a copy of their standardized recipe). Sample product formulation statements are provided starting on page 25.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.

Calculation:  $17 \text{ g} \div 16 \text{ g} = 1.06$

1.06 rounds down to **1.0 oz eq grains** per slice.



## Sample Product 2:

### Whole-Grain Pasta

- One portion of dry pasta weighs 32 grams (including creditable grains and other ingredients).
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each  $\frac{1}{2}$  cup (cooked) contains 29 grams of creditable grain.

#### 1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that  $\frac{1}{2}$  cup of cooked pasta (made from creditable ingredients) provides 1.0 ounce equivalent grains. Product label and manufacturer documentation should be maintained on file.

Calculation:  $\frac{1}{2}$  cup served  $\div$   $\frac{1}{2}$  cup per oz eq =  
**1.0 oz eq grains**

#### 2. Calculating based on dry weight:

For this calculation, the weight of the dry portion of pasta is divided by the weight listed for that product in the appropriate group of the revised Exhibit A.

Calculation:  $32 \text{ g} \div 28 \text{ g} = 1.14$

1.14 rounds down to **1.0 oz eq grains** per portion of dry pasta.



#### 3. Calculating based on grams of creditable grain ingredient per portion:

The same pasta may be credited using the percent of creditable grain. Manufacturers must provide documentation on company letterhead.

For this calculation, divide the grams of creditable grain by the standard of 28 grams per oz equivalent for Group H of Exhibit A.

Calculation:  $29 \text{ g} \div 28 \text{ g} = 1.03$

1.03 rounds down to **1.0 oz eq grains** per  $\frac{1}{2}$  cup cooked pasta.

# Formulation Statement for Documenting Grains in School Meals

## Required Beginning School Year (SY) 2013-2014

### Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_

- I. Does the product meet the whole grain-rich criteria: ☐ Yes ☐ No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

- II. Does the product contain noncreditable grains: ☐ Yes ☐ No How many grams: \_\_\_\_\_

(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Total Creditable Amount <sup>1</sup>			

<sup>1</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent



# Formulation Statement for Documenting Grains in School Meals

**Required Beginning School Year (SY) 2013-2014**

**Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)**

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75oz)

- I. Does the product meet the whole grain-rich criteria:** ☒ Yes ☐ No  
*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*
- II. Does the product contain noncreditable grains:** ☐ Yes ☒ No **How many grams:** \_\_\_\_\_  
*(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (RTE breakfast cereals).** *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount <sup>1</sup> A ÷ B
Pancakes	50 grams	34 grams	1.47
<b>Total Creditable Amount<sup>2</sup></b>			<b>1.25</b>

<sup>1</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent grains. I further certify that noncreditable grains are **not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

# Formulation Statement for Documenting Grains in School Meals

## Required Beginning School Year (SY) 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_  
Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_  
(raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the whole grain-rich criteria:** ☐ Yes ☐ No  
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains:** ☐ Yes ☐ No **How many grams:** \_\_\_\_\_  
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals). (Different methodologies are applied to calculate servings of the grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)**

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup> A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g) <sup>2</sup> B	Creditable Amount A ÷ B
Total Creditable Amount <sup>3</sup>			

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent

# Formulation Statement for Documenting Grains in School Meals

## Required Beginning School Year (SY) 2013-2014

(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes -50g (1.75oz)  
 (raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the Whole Grain-Rich Criteria: ☒ Yes ☐ No  
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains: ☐ Yes ☒ No How many grams: \_\_\_\_\_  
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup> A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>2</sup> B	Creditable Amount A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enriched flour (22%)	11	16	.6875
			2.15
<b>Total Creditable Amount<sup>3</sup></b>			<b>2.00</b>

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

1 (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

2 Standard grams of creditable grains from the corresponding Group in Exhibit A.

3 Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that noncreditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

# Whole Grain-Rich Criteria



# Beginning SY 2014-15, all grains served must be whole grain-rich

- Lunch
- Breakfast





# Whole Grain-Rich vs Whole Grain

- SY 2014-2015: All grains must be whole grain-rich (not 100% whole grain)
  - Whole grain-rich = At least 50% whole grain and rest of product/blend must be enriched refined flour

# What Foods Meet Whole Grain-Rich Criteria?

- Contain ***100% whole grain***

OR

- Contain a blend of ***whole-grain meal and/or flour*** and ***enriched meal and/or flour*** of which at least 50% is whole grain
  - Remaining 50% or less of grains must be enriched

# Considered Whole Grains

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Quinoa
- Millet
- Amaranth
- The word *whole* listed before a grain - e.g. *whole* wheat
- *Berries* & *groats* are used to designate whole grains – e.g. wheat *berries* or oat *groats*
- Rolled oats & oatmeal (includes old-fashioned, quick cooking, instant)
- Brown rice, brown rice flour, wild rice
- Triticale, teff
- Sorghum
- Buckwheat

# NOT Whole Grains

Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable):

flour

white flour

wheat flour

all-purpose flour

unbleached flour

bromated flour

enriched bromated flour

enriched flour

instantized flour

phosphated flour

self-rising flour

self-rising wheat flour

enriched self-rising flour

bread flour

cake flour

durum flour

corn grits

hominy grits

hominy

farina

semolina

degerminated corn meal

enriched rice

rice flour

couscous

# Noncreditable Grains

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.



# Whole Grain-Rich Product Checklist

- **Meets Element 1 criteria:** The food item must meet the oz eq requirements as defined in Exhibit A
- **AND**
- **Meets one of Element 2 criteria:**
  1. Whole grains per serving must be  $\geq 8$  grams for Groups A-G
  2. Contains FDA health claim:

*“Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers.”*
  3. Whole grain is first ingredient in the product listing

# Determining if Products Meet Whole Grain-Rich Requirements

- Ingredient declaration from a product carton that shows a whole grain as the primary ingredient by weight.
- Copy of a food label showing amount of whole grain in grams for NSLP/SBP serving size.
- Copy of food label displaying one of the FDA whole-grain health claims.
- Recipe that includes the ingredients & ingredient amounts by weight & volume.
- Customized product formulation statement on mfg letterhead.
- USDA Foods Fact Sheet (applicable for foods indicated as meeting the whole grain-rich criteria. Fact sheets must be accompanied by acceptable mfg documentation if it is not clear the item meets whole grain-rich criteria)

# Fortification of Cereals

- A ready-to-eat breakfast cereal must be fortified to meet program requirements
    - 100% whole grain cereals do not need to be fortified
    - Check cereal products for an ingredient statement on the side or back of the box
    - Sample ingredient list:
      - Wheat bran, sugar, psyllium seed husk, oat fiber, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness.
- Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride)....etc....

# Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- SFAs that wish to offer a meat/meat alternate at breakfast have two options
  - Offer meat/meat alternate to meet part of grains component
  - Offer a meat/meat alternate as an **extra**



# Meat/Meat Alternate as a Grain

- When offering a meat/meat alternate in place of grains:
  - Must also offer at least 1 ounce equivalent of grains daily
  - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications (calories, sat fat, trans fat, etc)
  - Must count as “item” in OVS



# Meat/Meat Alternate as Extra

- When offering a meat/meat alternate as an extra item
  - Must also offer at least 1 ounce equivalent of grains daily
  - The meat/meat alternate does not count toward the weekly minimums
  - The meat/meat alternate does not count for OVS purposes
  - Meat/meat alternate must fit within the weekly dietary specifications

# Milk



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups) <sup>1</sup>	5 (1)	5 (1)	5 (1)

# Fluid Milk

- 1 cup (8 fl. oz.) for all grades
- Must offer at least two choices
- Allowable milk options include
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Whole, 2% & low-fat flavored milk not allowable



# Fluid Milk



- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- No fat/flavor restriction on milk substitutes

# FOUR DIETARY SPECIFICATIONS



# Four Dietary Specifications

- Weekly average requirements
  - Calories
  - Sodium (begins SY 2014-15)
  - Saturated fat
- Daily requirement
  - Trans fat

# Dietary Specifications for School Meals

- Calories
  - Minimum *and* maximum levels for each grade group
- Sodium
  - Specific limits for each grade group
  - First target begins in SY 2014 and remains in effect for three years
- Saturated fat (unchanged)
  - Less than 10% of calories from saturated fat for all grades
- Trans fat
  - Zero grams per offered portion (check labels) for all grades

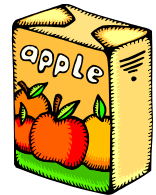
# MENU PLANNING



# Components vs. Items (OVS)

- Component: One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:

- Fruit (or veg or juice)
- Grains
  - Meat/meat alternates (optional)
- Milk



- Item: Specific food offered within the 3 components:
  - If no OVS, must offer at least 3 food items
  - If operating OVS, must offer at least **4 food items** at breakfast

# Menu Planning

- Must offer **3 components**
  - Fruit/vegetable/juice
  - Grains (optional m/ma after daily grain met)
  - Milk
- Must offer **4 food items** if using OVS
  - Fruit/vegetable/juice
  - Grains (optional m/ma after daily grain met)
  - Milk
  - Additional item



# Age/Grade Groups

- Three age/grade groups for planning breakfast
  - K-5
  - 6-8
  - 9-12
- Flexibility in menu planning at breakfast
  - All three grade group requirements overlap at breakfast
  - A single menu can be used for all groups
    - 1 cup of fruit
    - 9 oz eq weekly of grains
    - 1 cup of milk



# Straight Serve or Offer Versus Serve?



# What is Straight Serve?

- Not implementing OVS
  - Must offer at least 3 food items
  - Must make sure daily and weekly minimums are met for the 3 required food items

# Challenge Activity - Straight Serve















# BREAKFAST REQUIREMENTS



# Training and Signage

- Schools must identify food items that make a reimbursable meal at or near beginning of line
- Schools using OVS must identify what students must select as part of a reimbursable meal
- Staff at the Point of Service and serving line must be trained on what makes a reimbursable meal:
  - Example: Knowing if duplicate items are allowed
  - Example: Recognizing appropriate serving sizes

# Meal Identification



- All menu items on serving line must be identifiable, labeled, or listed at the beginning of serving line and prior to POS



# Breakfast Signage


## Build a Healthy Breakfast

Select 4 – 5 Items!

Fruit/Vegetable/Juice	Milk
Orange _____ 1 item (s)	Skim white _____ 1 item
Apple Juice _____ 1 item (s)	1% white _____ 1 item
Petite banana _____ 1 item (s)	Skim chocolate _____ 1 item
_____ item (s)	May Select <u>1</u> item (s)
May Select <b>2</b> item (s)	

Notes:	Grains/Breakfast Entrees
Today you make take 1 serving of Peanut Butter as a <b>bonus</b> item!	Bagel _____ 2 item (s)
	Breakfast Sandwich _____ 2 item (s)
	Yogurt _____ 1 item (s)
	Granola _____ 1 item (s)
	May Select <u>2</u> item (s)



# Pre-plating/Pre-packaging/Bundling

- Remember – OVS is not required at breakfast
- Pre-plating/pre-packaging/bundling is allowed
- Encouraged to offer choices to the extent possible
- Encourage breakfast in the classroom and grab n' go breakfast kiosks





# RESOURCES



# USDA Website

- For current updated information, go to **Nutrition Standards for School Meals**

<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". Below the header is a navigation bar with links: Home, About FNS, Newsroom, Help, Contact Us, and En Español. The main content area is titled "Nutrition Standards for School Meals". It features a search bar on the left with a "Go" button and options to search all USDA, search tips, and topics A-Z. There is also an "Email Updates" section with a sign-up button and a "Browse by Subject" section with a link to "Applications". The main text area contains a paragraph about the Healthy, Hunger-Free Kids Act and a photo of a child eating a sandwich. A "Regulation" section lists the "Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)".

# Child Nutrition Programs – School Meals Home Page

**United States Department of Agriculture**  
Food and Nutrition Service

About FNS | Ask the Expert | Contact Us | Other Languages | En Español

Programs | Data | Newsroom | Research | Forms

Home » Programs

Search

Site Map | Advanced Search | Help | Search Tips | A to Z Map



**Child Nutrition Programs**

- > School Breakfast Program (SBP)
- > Fresh Fruit and Vegetable Program (FFVP)
- > Special Milk Program (SMP)
- > Summer Food Service Program (SFSP)
- > Child and Adult Care Food Program (CACFP)
- > National School Lunch Program (NSLP)

**Browse By Subject**

- > Federal Register Notices
- > Legislation
- > Policy
- > Press Releases
- > Regulations
- > CN Labeling
- > Disaster Assistance

**School Meals**  
Child Nutrition Programs



The Food and Nutrition Service administers several programs that provide healthy food to children including the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program, and the Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children.



<http://www.fns.usda.gov/school-meals/child-nutrition-programs>







# Child Nutrition Programs – School Meals Home Page

- <http://www.fns.usda.gov/school-meals/child-nutrition-programs>

## Initiatives

- Farm to School
- HealthierUS School Challenge (HUSSC)
- Team Nutrition

## Spotlights

	Local School Wellness Policy		Community Eligibility Provision
	Smart Snacks Sold in School - Resources		Nutrition Standards in School Meals
	Certification of Compliance: 6 Cents Rule		Family Friendly Application Translations

## What's New

- Eligibility Effective Date for Directly Certified Students
- Support for Healthy Meals Standards Continues to Grow
- Extension of the Deadline for Local Educational Agencies to Submit Applications to Elect the Community Eligibility Provision
- Questions & Answers Related to the "Smart Snacks" Interim Final Rule
- Discover MyPlate: Nutrition Education for Kindergarten

# Technical Assistance Resources

- FNS New Meal Pattern website  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
  - Timeline
  - Technical Assistance & Guidance Materials
  - Recently released Q&As, other policy memos
- Best Practices Sharing Center
  - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
  - <http://healthymeals.nal.usda.gov/bestpractices>

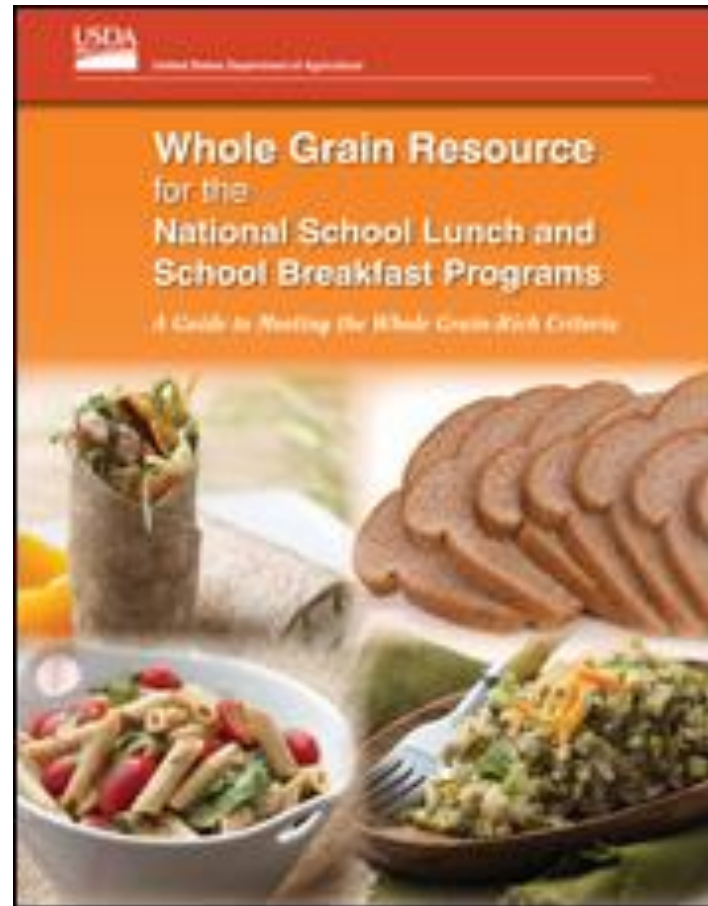


# Technical Assistance Resources

- **NEW!** *SP 57-2014: Updated Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- **NEW!** *SP 10-2012 (v.8): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"*
- *SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs*
- **NEW!** *SP 43-2014: Q and As on the SBP Meal Pattern in SY 2014-15*



# Whole Grain Resource



- <http://www.fns.usda.gov/tn/whole-grain-resource>

# Healthier School Day Website

<http://www.fns.usda.gov/healthierschoolday>

The screenshot shows the homepage of the Healthier School Day website. At the top, the USDA logo and "United States Department of Agriculture Food and Nutrition Service" are displayed. Below this is a navigation bar with links: Home, About, What's New, Help, Contact Us, and En Español. A search bar is located on the left side, with a "Go" button. Below the search bar are links for "Search all USDA", "Search Tips", and "Topics A-Z". There is also a section for "Email Updates" with a sign-up button. The main content area features a large green banner with the text "The School Day Just Got Healthier". Below this, the text "Healthier school meals have More Fruit" is displayed next to a red lunch tray filled with various fruits: a banana, a pear, an orange, and several bunches of grapes. To the right of the fruit image is a "Success Stories & Blogs" section with a list of links. The footer of the page contains a paragraph about the benefits of healthier school meals and the Healthy, Hunger Free Kids Act.

USDA United States Department of Agriculture  
Food and Nutrition Service

Home About What's New Help Contact Us En Español

Search FNS You are here: Home > Healthier School Day

The School Day Just Got Healthier

Healthier school meals have More Fruit

the School Day just got Healthier  
United States Department of Agriculture

Success Stories & Blogs

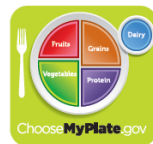
- Healthier School Days for Students in West Virginia
- Making School Days Healthier in Miami
- Thanks for Making the #Ask USDA School Meals Chat a Success!
- New School Year Ushers in Healthier School Days for Kids
- Fruit and Veggie Tasting Prepares Students for

Students can expect benefits from healthier and more nutritious food in school. Thanks to the Healthy, Hunger Free Kids Act, major improvements are being made across the country to



# Fact Sheets for Healthier School Meals

<http://www.fns.usda.gov/tn/resource-library>



## Just the Facts!

### Serve More Dry Beans and Peas *for Healthier School Meals*

#### KEY ISSUES:

- Beans and peas (legumes) are an excellent source of fiber, which helps children feel full longer. As part of an overall healthy diet, beans and peas help to lower the risk of heart disease.
- Beans and peas:
  - are excellent sources of plant protein.
  - provide other nutrients such as iron, potassium, folate, and zinc.
  - are naturally low in fat and sodium.
  - have no saturated fat or cholesterol.
- The meal patterns require schools to offer foods from the beans and peas (legumes) vegetable subgroup to all students at lunch each week. The minimum offering is at least  $\frac{1}{4}$  cup weekly.
- Beans and peas can be counted in school meals as either a vegetable or a meat alternate, but may not count for both components in the same meal.

**W**e know beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive protein option that can boost the nutritional content of school meals. Beans are versatile, too. Whether served as a vegetarian option or served with meats, poultry, fish, or cheese, beans complement the meal. Find creative ways to add more beans to school meals! For example, try savory pinto beans and salsa in a chef salad, or add red beans to a whole-grain rice pilaf!

Dry beans and peas are mature forms of legumes, which are plants that have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Keep in mind that some beans and peas, such as green beans, string beans, green peas, snap peas, and baby green lima beans, are not considered dry beans or peas.

Easy ways to  
follow the 2010  
Dietary Guidelines for  
Americans

#### Recipe for Success

- **Choose the easiest form!** Use canned, precooked beans to simplify recipes (no soaking needed) and reduce cooking times. Purchase canned beans labeled "no salt added" or "low sodium." If these are not available, rinse and drain the canned beans to reduce the sodium content.
- **Power up recipes** with more beans. Add beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and white beans.
- **Serve satisfying soups.** Attract students and teachers with low-sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.
- **Spice up your menus** with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.

# Updated Food Buying Guide

## Food Buying Guide

for Child Nutrition Programs



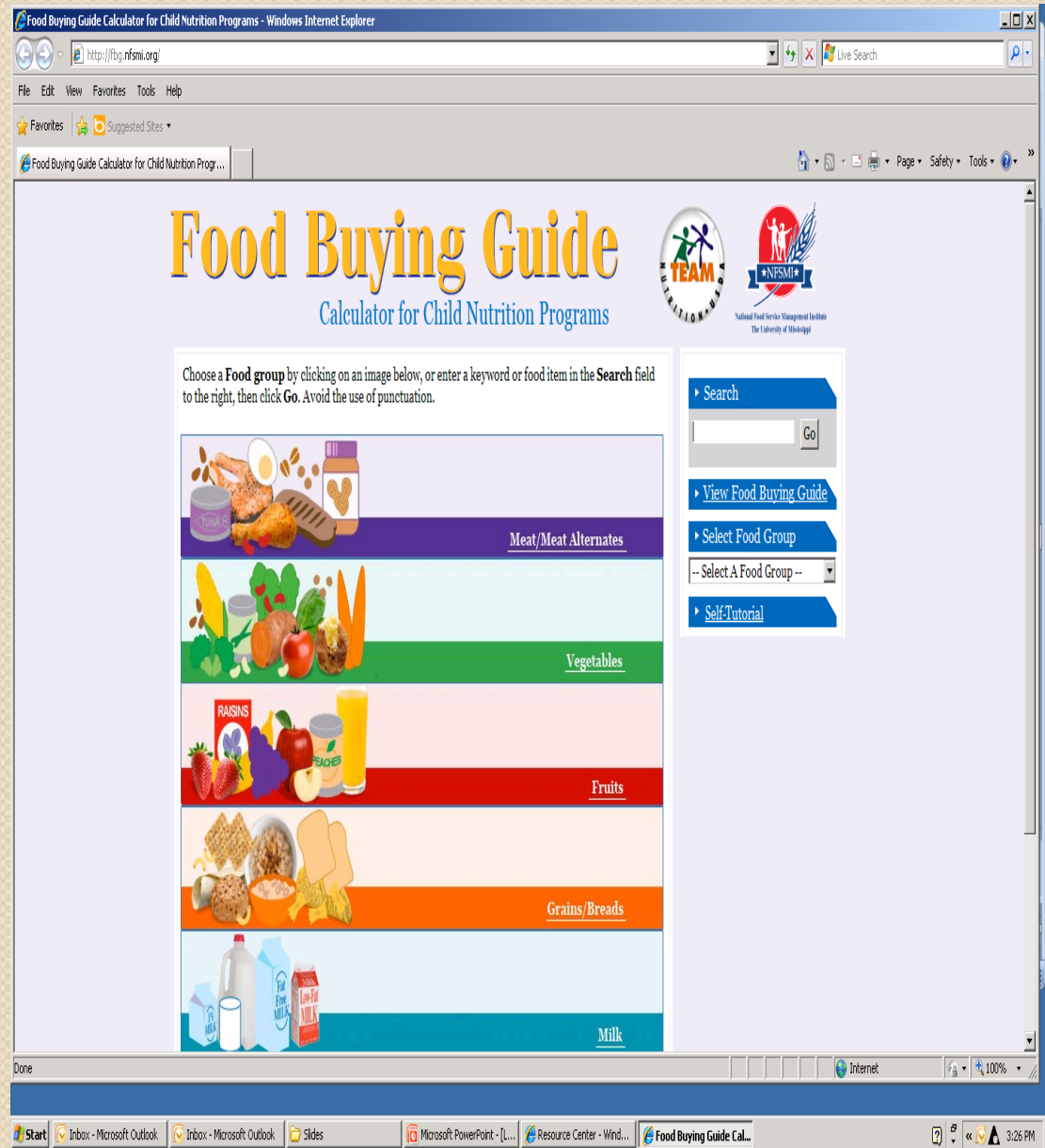
U.S. Department of Agriculture  
Food and Nutrition Service

<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>



# Food Buying Guide Calculator

<http://fbg.nfsmi.org/>







## <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

Thirty kid-approved recipes from the **Recipes for Healthy Kids Competition**, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative in collaboration with the American Culinary Federation and School Nutrition Association.



Table of Contents		
<b>8 Portuguese Sliders</b> <i>and More</i> <b>Whole Grains</b> 12 Chili Peppers 16 Mediterranean Quinoa Salad 20 Arroz Verde 24 Chicken Adobo with a Twist 28 Chicken Curry Casserole 32 Quinoa of Noodles 36 Potato Quinoa 40 Rainbow Rice 44 Spin-Brush Green Beans, Eggs, and Ham	<b>50 Tasty Tots</b> <i>and More</i> <b>Dark Green and Orange Vegetables</b> 54 Central Valley Harvest Bake 58 Spin-Fry Fridge-Chicken, Napa, and Corn 64 But Chop Wrappers 68 Crunchy Harvest-Chicken Wrap 72 Harvest Delight 76 Roasted Fish Crispy Tater Wrap 80 Savory Potatoes-Chicken 84 Spinach Squash Lasagna 90 Sweet Potato and Black Bean Soup	<b>96 Turkey Smoked Turkey and Bean Soup</b> <i>and More</i> <b>Dry Beans and Peas</b> 100 Lentils of the Southwest 104 Comfort Soup 108 Eagle Peas 114 Fiesta Mexican Lasagna 120 Potato Wrap 124 Harvest Stew 130 Purple Peas and Bean Soup 134 Spinach Chicken Stew 138 Vegetable Chili Soup

The top recipes in each category have been standardized in cookbooks for homes, child care centers, and schools.

The cookbooks feature recipes with foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains.

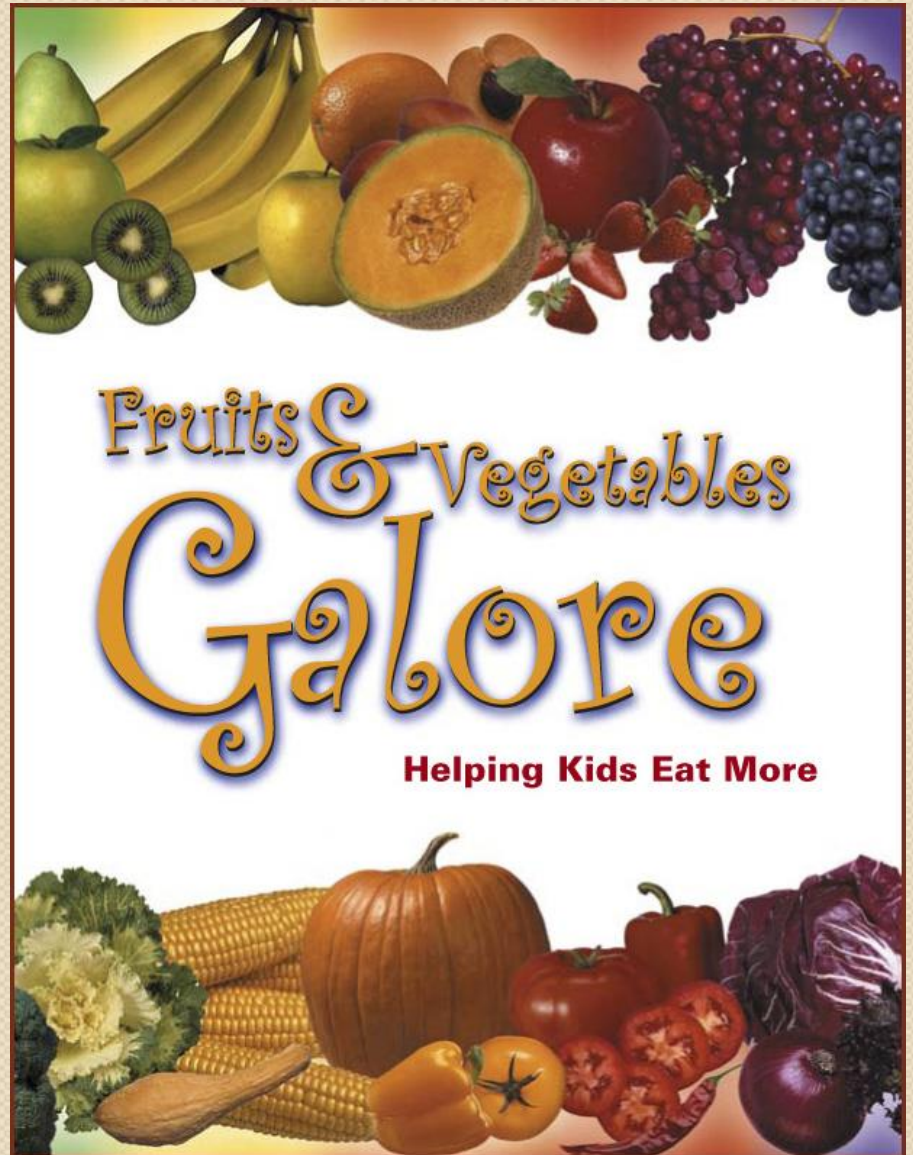
The cookbooks and recipes are available on the Team Nutrition Web site at [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov). The cookbooks should be published by the end of 2012.



**AVAILABLE  
FROM TEAM  
NUTRITION**

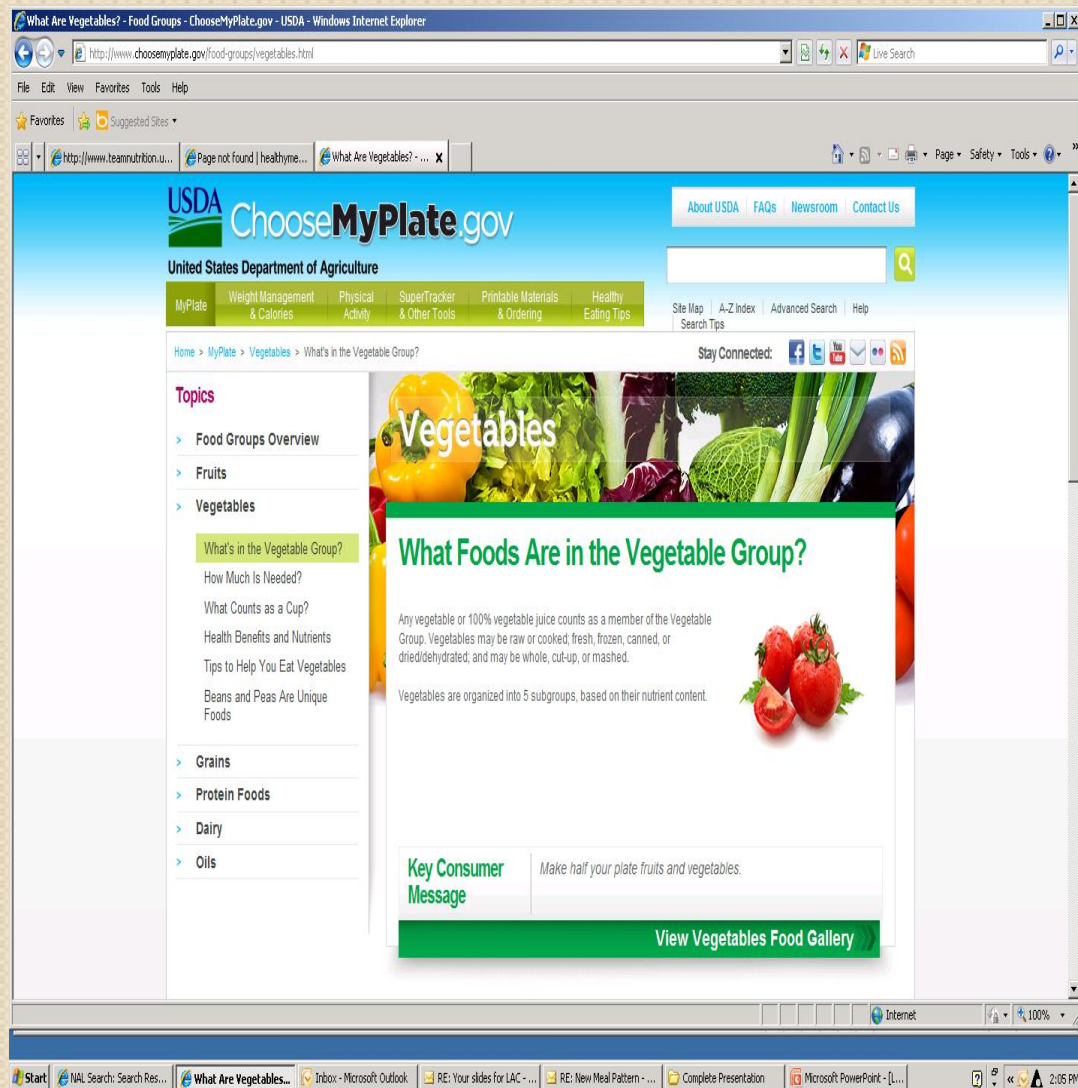
*Fruits and  
Vegetables Galore:  
Helping Kids Eat  
More*

<http://www.fns.usda.gov/tn/resource-library>



# Choose My Plate Resources

<http://www.choosemyplate.gov/food-groups/>





# Sodium Reduction Efforts

## TN Healthy Meals Resource System

- <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

## Fact Sheets for Healthier School Meals

- [http://www.fns.usda.gov/sites/default/files/jtf\\_resources.pdf](http://www.fns.usda.gov/sites/default/files/jtf_resources.pdf)

## NFSMI

- <http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf>

## USDA Foods

- <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

# Food Labeling

- Product Formulation Statements
  - [http://www.fns.usda.gov/sites/default/files/TA\\_07-2010\\_os.pdf](http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf)
- Child Nutrition Labeling Program
  - <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>



# USDA Foods

- How USDA Foods Support Meal Pattern Requirements (Chart)

[http://www.fns.usda.gov/sites/default/files/Meal\\_Pattern\\_USDA\\_Foods\\_Chart\\_Sept2013.pdf](http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf)

- Complete List of Available Foods

<http://www.fns.usda.gov/fdd/foods-expected-be-available>

- USDA Foods Fact Sheets

<http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

# Questions?

Please contact the  
School Nutrition Programs Office  
at 517-373-3347

or

Email your questions to:

[mde-schoolnutrition@michigan.gov](mailto:mde-schoolnutrition@michigan.gov)